

Cajun Blackened Sea Bass

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A spicy yet simple way to prepare sea bass, this recipe yields blackened sea bass with a wonderful depth of flavour. Serve with a big salad, some bread and some sweetcorn salsa for a brilliantly tasty Cajun meal.

Ingredients:

4 x 175g sea bass fillets, skinned and boned
350g melted butter
2 tbsp. sweet paprika
1 tbsp. table salt
2 tsp. each cayenne pepper, onion powder, garlic granules
1 1/2 tsp. each white pepper and black pepper
1 tsp. each dried thyme and oregano

Directions:

1. Mix together the paprika, salt, cayenne pepper, onion pepper, garlic granules, white pepper, black pepper, thyme and oregano in a small bowl.
2. Heat a cast iron griddle for 10 minutes or so until very hot.
3. Dip the fish fillets into the melted butter and then coat each side of the fillets with the spice and seasoning mixture.
4. To cook, spoon 1 tbsp. of melted butter onto the fish fillet and fry on that side for 3-5 minutes until blackened.
5. Spoon another tbsp. of melted butter onto the fish fillet, turn over and cook until blackened - another 3-5 minutes.

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